



# THE FALCON

REPRESENTING THE SAINT JOSEPH COMMUNITY SINCE 1961

Volume LXII, Issue I

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October 2022

## Record-Setting Sleep Out Raises \$23k for Covenant House



**BY CONNOR KOVARIK '23**  
Staff Writer

There are many events on Saint Joe's campus that are done to benefit the lives of others, but there are few as unique as Cardboard City.

Every year, students Sleep Out on the basketball courts to bring awareness and understanding of the plight of homeless youth.

Additionally, students raise money to benefit Covenant House, whose President and CEO is Saint Joseph High School Class of 1985 graduate Kevin Ryan.

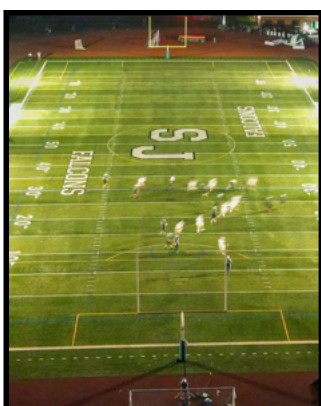
"Our Campus Ministry Council works extremely hard to find organizations to support," Director of Campus Mrs. Tracey Coudriet said. "We try to find organizations that not only align with the mission of the Brothers of the Sacred

Heart and the Catholic Church, but also ones that can provide an experience that our students will never forget. Covenant House International's Sleep Out checks both of those boxes and more."

This year, 180 students participated in the event; this is not only the most ever for a Saint Joe's Cardboard City event, it also set the record for the largest New Jersey Student Sleep Out.

Just as impressive as the turnout to the event has been the support of the Saint Joseph community in donating to Covenant House in support of the students who were sleeping out. At current count, the young men at Saint Joe's have raised \$23,413, which is also a record for Cardboard City events on campus.

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**Click Here to learn more about Covenant House.**

**Click Here to Donate!**



# Sleep Out continued...

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“I am very excited for Saint Joe’s to be recognized as the largest Sleep Out event in New Jersey,” student organizer Owen Blake ‘23 said. “The students are always very excited for the Sleep Out event. To us, it's more than just a night out with our friends. Not only are we making an immediate impact, but we are experiencing a different part of life that we would not be able to do elsewhere. For one night, we are experiencing the hardships that so many around the world live with every single day. It's an eye opening experience and one that I will never forget.”

For the students, much of the night was spent building their shelters out of cardboard and tape and doing necessary repairs when the inevitable structural failures occurred. Participants also participated in a Student-led Prayer Service, played games, and spent time chatting (and keeping warm) around the fire.

Covenant House is a good cause because it does everything in the lens of Christianity,” student organizer Alejandro Ruiz ‘23 said. “It aligns with our school values. While helping the less fortunate, it is doing things the way Jesus commanded them to be. This event made me fall in love with Campus Ministry, so I wanted to make sure others, including the new freshman, experience the same love as I do.”



# Friday Night Lights shine bright on Saint Joe's campus



**BY BEN CHADWICK '23**

Staff Writer

For the first time in Saint Joe's illustrious athletic history, the Falcons played under the lights on their Metuchen campus. Starting with an exhilarating football game on Friday Night and culminating with a soccer game on Monday, the bookend events provided an opportunity to Falcon athletes to play in a brand new setting.

"It was awesome to get that experience before I graduated," Jayden Hunter '23 said. "I never expected to see a game under the lights here, and I hope that it's a tradition that continues for years to come."

Jayden and over half of the student body were in attendance on Friday Night, lighting up the skies with their energy and cell phones to support their Falcon brothers.





# Dr. Gomez's Congris Rice Recipe

BY DR. MARIA EUGENIA GOMEZ

Partner in Mission

Ingredients:

- 1 cup red beans, washed and soft (separate the cooking water from the beans)
- 2 cups of washed rice
- 1 tablespoon of salt
- 1 tablespoon of brown sugar
- 1 bay leaf
- 1/8 tablespoon oregano powder
- 1/2 onion diced
- 1 green bell pepper
- A small piece of bacon, chopped into small pieces

Preparation:

- Put the rice in the rice cooker and add all of the ingredients.
- Add a cup of the beans and cooking water per cup of rice, plus 1/2 cup more.
- It's done when the rice is soft; if not, add a little more water, spray the rice, and leave it a few more minutes. Then, it is ready to eat.
- Enjoy!



If you have any recipes that you'd like to share with *The Falcon*, please send them to [SJMedia@stjoes.org](mailto:SJMedia@stjoes.org)!

## Saint Joe's Back to School Dance Returns for First Time Since 2019

BY GAVIN SZILVASI '24

Managing Editor

The Saint Joe's Back to School Dance was held on September 30 in the Maglio Gymnasium by the Student Council. The dance was well attended by the student body as well as many high school girls from local schools. Students enjoyed a night out filled with dancing, laughing, and listening to music with friends.

The dance marked the first Saint Joe's dance of the 2022-2023 school year. During the two years of the pandemic, events like school dances were largely absent from student life at Saint Joe's.



The dance was added to a list of events that have taken place at Saint Joe's since many pandemic guidelines were rescinded in March 2022, and the Student Council has plans to return to a normal slate of events for the school year.

Based on the incredible turnout, one can expect that the momentum of events to only continue from here. But for now, what's most important is that everyone had a great time and enjoyed their night out with their friends at Saint



# Freshman Cup Tradition Continues

BY ADRIAN PERDOMO '24

Staff Writer

Passions were running high as the Freshmen geared up to participate in one of the most classic St. Joe's traditions, the highly-acclaimed Freshman Cup. Every year, freshman home room teams vie for the honored Freshman Cup Trophy, to be displayed in their classroom for all to see.

A grueling gauntlet of five different sports (volleyball, basketball, kickball, dodgeball, kickball, and football) awaited the young Falcons as they began their St. Joe's journey. With their war paint on and their class team shirts very much untucked, the freshmen started off the games. In the middle of the event, the Freshmen (and the coaches) got a pizza delivery for their lunch break, giving each team a chance to re-strategize for the final games.

All of the teams fought hard, but in the end, the victors were Rogan's Raptors, led by none other than Mr. Josh Rogan '12 himself. Mr. Rogan was quoted as saying that the result was "Unsurprising," and that "this one's for Brother Matt" (the legendary Brother of the Sacred Heart and Freshman Theology Teacher).

Even though this year's Freshman Cup has come to an end, it is clear that the bonding experience through sports, pizza, and fun has brought the Freshman class together, and we hope that next year's Freshman Cup will be just as amazing!





# Introducing *The Green Note*: *Pet Sounds* Review

BY TYLER QUESNEL '24

*The Green Note* Editor

When the band name “The Beach Boys” comes to mind, one might think of sunshine, beaches, and happiness displayed by several teenage voiced harmonies as a cliché melody plays in the background. Though this was the repetitive sound of the Beach Boys on their initial releases, 1964 would mark the end of sunshine and happiness for Beach Boy Brian Wilson.

On a plane trip during a 1964 tour, Brian would encounter a terrible panic attack, which was a result of years of stage fright and stress from tours. It was a dark time for Wilson that was plagued by pressure from the media, critics, and even his own father, who urged him to be perfect. Despite his personal issues, like a clam, he produced a pearl from the pressure: the Beach Boys’ 1966 release, *Pet Sounds*.

Straight after the panic attack, Brian made the life changing decision to return to the studio and express his pain in the language of music. Initially inspired by the impact of the Beatles’ 1965 release *Rubber Soul*, Wilson knew that he needed to birth the American Equivalent of the British scene-changer, and that is just what he did. Studio-Ridden for hours on end, Wilson collaborated with Tony Asher in order to come up with an album that consisted of no “filler songs;” he wanted a narrative and an album that had a meaning and purpose.

The writing itself took roughly two to three weeks at Wilson’s home; then, Wilson would stay in the studio for hours trying to get the perfect sound out of his session musicians. The songs are notably complex, so from a musician’s standpoint, they are brilliant, to say the least.

The part that gets the majority of listeners moved musically is the sudden sharp “right turns” in the middle of songs. They aren’t a key change or a time signature or tempo change as the 5th Dimension did in “Age of Aquarius / Let the Sunshine in” for reference. Wilson’s choices suit the songs as a whole thematically, and he made each sharp right turn feel like a majestic right drift on a magic carpet.

*The Green Note* is an upcoming music magazine by Tyler Quesnel '24 and Christian Alston '23.



As a whole, these reflect the sudden detour that Brian Wilson took from the cliché So-Cal sound that the band had been known for. He is famously noted for urging his musicians to get “emotion” out of their instruments, even making it seem like the instruments were “crying.” The result was a perfect reflection of his dissolving emotional state due to years of abuse and grueling touring.

Though the album consists of poppy headliner songs such as “Sloop John B” and “Wouldn’t it Be Nice,” several songs sound like Brian Wilson breaking down in the language of music. For example, “Caroline, No” displays a love tragedy, punctuated by emotional instruments and Brian’s mellow voice.

Arguably the most emotion altering song on the album is “I Just Wasn’t Made For These Times,” which is about someone who struggles to fit into society or be perfect, which can be connected to Brian’s life both in the outside world in at home, especially with his abusive father who pushed him and his brothers to be pitch perfect, quite literally. Every song on the album tells a story of Brian’s troubled life.

*Pet Sounds* is deemed a masterpiece; most notably Beatle Paul McCartney claims that “God Only Knows” off of the album is his favorite song, even influencing The Beatles’ 1966 *Revolver* release, “Here There and Everywhere.” According to *Rolling Stone*’s “Top 500 Albums of All Time,” the only album ahead of *Pet Sounds* is actually an album that was inspired by the album: The Beatles’ *Sgt. Pepper’s Lonely Hearts Club Band*. Nevertheless, the utter complexity and heart wrenching story of *Pet Sounds* puts a different perspective on that time period of the Beach Boys, forcing every listener to realize that the Beach Boys are much more than their name suggests.





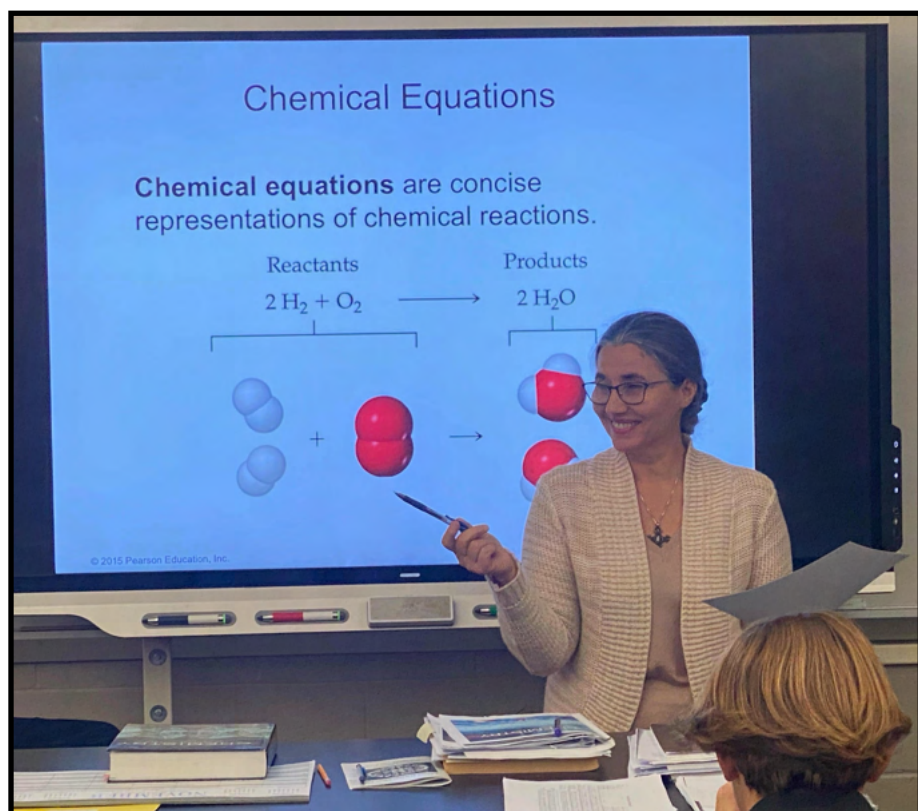
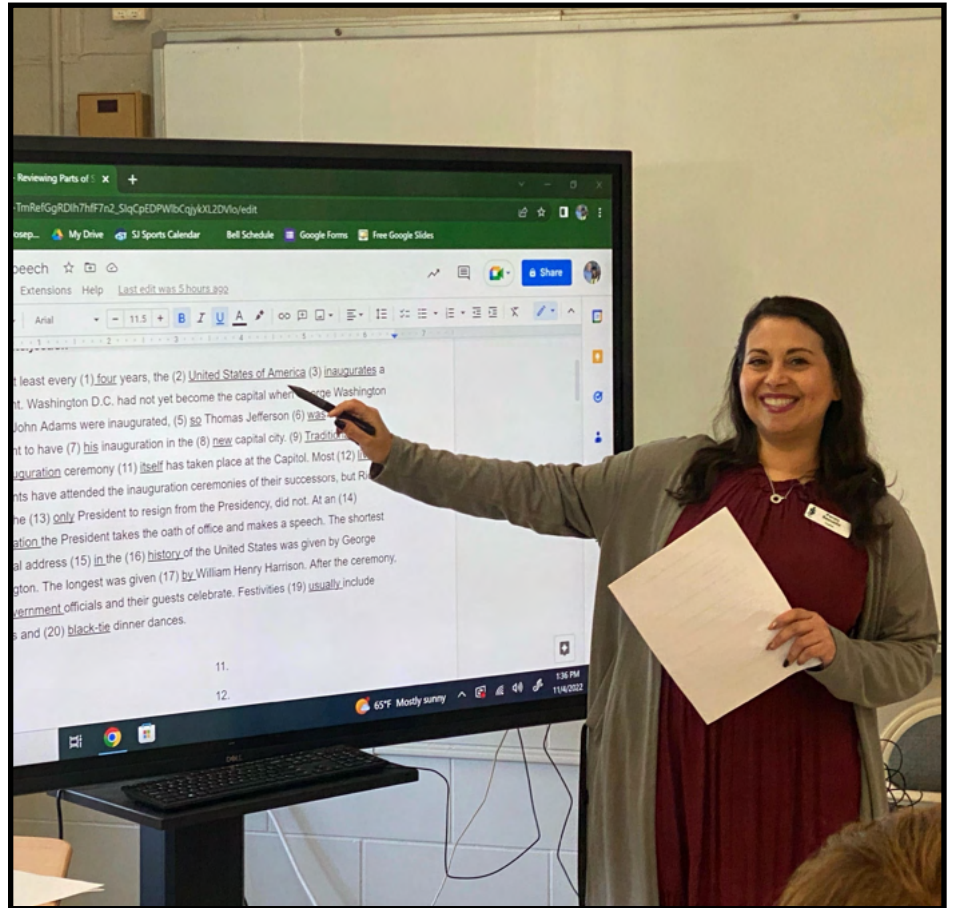
# Introducing New Partners: Part 1

Through the next few editions, *The Falcon* Editorial Staff will be highlighting with the newest Partners in Mission at Saint Joe's to learn more about them, why they came to Saint Joe's, and their philosophy towards teaching. This month, we feature Ms. Persis Bessada, Dr. Ludmilla Mecaj, and Ms. Claudie Ramirez.

## Ms. Persis Bessada

"You will always remember your years at St. Joe's. It is in your hands to make wonderful memories here. This school provides such great opportunities to create these memories both academically and socially. Being a teacher here allows me to be part of those amazing experiences that students will have. I went to a very similar high school for girls and think of my friends and my teachers to this day.

Here, students will develop their work ethic, commitment to excellence, and desire to achieve their highest potential. I have loved this school since the first tour that I took as a parent. As a teacher, the students have made me love it even more. May God bless all their endeavors and make them as successful as possible."



## Dr. Ludmilla Mecaj

Dr. Mecaj is a Medical Doctor, ENT, and Cancer researcher who has previously specialized in higher education at the collegiate level. Dr. Mecaj learned about St. Joe's by chance from the dean in her department at Kean University. After hearing about our school's need for an AP Chemistry teacher, she continued to learn more about Saint Joe's and was inspired to apply when she discovered the relatable values that the school and the Brothers of the Sacred Heart are built upon.

## Mrs. Claudie Ramirez

"I've lived in Central Jersey for a while I always knew that St. Joe's was here, especially because my son played against St. Joe's teams. I knew the facility and I loved everything I learned about St. Joe's when I met with the administration.

My message to the students would be to get involved, have fun, and enjoy being a student here because it will go by fast!"





# Open House Welcomes Prospective Falcons



**BY JUSTIN LEE '23**  
Staff Writer

Every October, hundreds of prospective Falcons make their way to campus for the annual Open House at Saint Joseph High School. On October 14, these young men along with their families had the opportunity to spend the day learning about all of the wonderful opportunities, both inside and outside the classroom, that are available at Saint Joe's. Thanks in large part to the tireless efforts of Director of Admissions Mr. Miguel Cabrita '91 and Mrs. Sue Kaloyerakis, the campus was set to feature academic programs, clubs, sports, and other activities so that families could see everything that the campus has to offer in the most efficient way possible.

Student-led tours brought families through the main building and around the 76 acre grounds, stopping to learn about the history of the Brothers of the Sacred Heart in the former Brothers' Residence and take part in experiments with Mr. Roel Mercado '07 and the Science Department Staff, among other side adventures. At the end of their tour, they were brought to the Maglio Gymnasium for the chance to get up close and personal with both Partners in Mission and student members of each club, activity, sport, and academic discipline. Hundreds of student volunteers were spread throughout the gym to help guide the touring families and provide insight as to what sets the experience at Saint Joe's apart from the rest.

The reaction to the event was incredible, indicated by an almost immediate an outpouring of support from the families who attended. Perhaps an even bigger sign of the event's success was the enrollment for the Fall Prep Course for the Saint Joseph High School Entrance Test. After an all time high summer enrollment, the Fall course also had a record attendance, with over 80 students coming to the school in the evenings over the past few weeks to better ready themselves for the test.

A special thanks also goes to Mr. Ryan Lechner and his staff, who worked diligently to ensure the campus was in its most beautiful form.

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